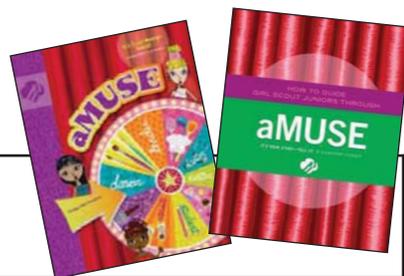




aMUSE



Snapshot of the Junior Journey

Session 1	Casting Call: Juniors play a game of charades as they start thinking about all the roles available in the world for women and girls.
Session 2	Girls Can Be Anything!: Juniors explore the many roles available to them and start to learn about stereotypes.
Session 3	Callbacks: Juniors reach out to women in their community to explore all the roles available to them.
Session 4	Tell us Your Story: Juniors learn more about the roles women play in real life and in the media. They look at ads for messages about roles girls and boys are asked to play.
Session 5	A Gathering of Storytellers: Juniors team up to create an inspiring story about stereotypes, they choose a creative way to perform their story and decide who should hear their message.
Sessions 6 and 7	Our Muse, Your Project: Girls choose and practice roles they will play when they present their story to educate and inspire an audience.
Sessions 8	Showtime: Juniors take the spotlight, and ask their audience to pledge to join them in stopping stereotypes.
Sessions 9	Who I Am Now: Juniors explore what beauty means to them, how they see it themselves and how it informs their story. They create self-portraits and exhibit their artwork.
Sessions 10	Who I Might Be: Juniors explore how having healthy bodies supports them in taking on roles. They hold a dance party and plan their final celebration.
Final Celebration	Juniors celebrate their roles and accomplishments along the journey and gain the courage to continue trying on new roles throughout life.

Sample Activities for Mapping Your Journey

Traditions:

Put various objects in a paper bag. Everyone chooses one object and creates a group skit with the props.

Outdoors:

Tell stories around the campfire at your next overnight.

Badges:

Geocacher: Using a GPS or smart phone and clues you have downloaded, discover a hidden treasure in your neighborhood.

Animal Habitats: Visit an animal sanctuary and find out how you can help these animals in need.

Social Butterfly: Plan a party or pretend you are at a special occasion. Discover how to act, what to wear and what to say.

Trips:

Go to a play. Arrange to meet with the actors and talk about how they prepare for their roles.

Cookies:

Think about using some of your cookie proceeds to fund your journey trips or a Take Action project. Create a display for your cookie booth that tells your customers about your Take Action project, or asks them to take a pledge to fight stereotypes.